

Sanger Seals 2017 Meet Requirements

Location: Sanger High School Pool (see map on CVRSL website)

Warm-ups: Sanger: 5:45 pm to 6:00pm
Visitors: 6:00pm to 6:15pm (must be coach supervised)

Meet start: 6:30pm – Cut off is negotiable

Lanes: Sanger: Lanes 2, 4, 6, 8, 10
Visitors: Lanes 1, 3, 5, 7 and 9

Heats: Relays: 2 Heats
Freestyle & Backstroke: Unlimited
All Other Events: 3 Heats

Visiting Team: Be sure an updated team roster has been uploaded to the CVRSL website 2 days before the meet or email team roster on "Meet Manager" one week before the meet to: nasalroads@gmail.com.

Please provide 5 recorders and 10 timers for your lanes.

- You will be responsible to line up your own swimmers.
- Please provide at least one stroke and turn official.
- You will be responsible to clean up your "camping" area at the end of the meet.

Awards: Ribbons will be available at the end of the meet
Ribbons through 10th place in Individual Events
Ribbons through 3rd place in relay events.

Sanger Seals: 200 swimmers during the 2017 swim season

Snack Bar: We will continue our tradition of having "magnificent" food. Plan on eating at the pool! Sign up to time and enjoy the awesome hospitality that Sanger has to offer.

Contacts: Matthew Greenwood (Coach) 269-7588 swimcoachmatt2012@gmail.com
Bobby Statham (President) 260-2925 bobby.statham22@gmail.com
Alyssa Nasalroad (Computer) 908-0571 nasalroads@gmail.com